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Women. Couples. Teens. Groups
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TIME TO THRIVE THERAPY

Quiet and connection

A relationship check-in for different evening needs

You can care about each other and arrive at the evening wanting different things. One person may want to talk; the other may need quiet. Before deciding what that means about your relationship, make room for each person's experience. Use these prompts to name what you need tonight, check an assumption, and consider one realistic next step. You can write privately, share only what you choose, or skip a question. Neither person has to agree to conversation, closeness, or touch.

Set aside a few minutes. Print to write by hand, or type in the three boxes.

ONE POSSIBLE START

"I'd like some quiet first. Would a short check-in after dinner work for you?"

1 What would help me this evening?

Describe the kind of quiet or connection you want, and what you can offer.

2 What am I assuming, and what could I ask instead?

Write one question that leaves room for an answer you have not considered.

3 What small plan could respect both of us?

Include essential care tasks, who will do them, and when to check back, if agreed.

READ THE COMPANION ARTICLE

When Your Partner Wants Quiet and You Want to Talk

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